WOMEN MUST SLEEP.

Avoid Nervous Prostration.

If you are dangerously sick what is the first duty of your physician? He

the first duty of your physician? He quiets the nervous system, he deadens the pain, and you sleep well.

Friends ask, "what is the cause?" and the answer comes in pitying tones, nervous prostration. It came upon you so quietly in the beginning, that you were not alarmed, and when sleep deserted you night after night until your eyes fairly burned in the darkness, then you tossed in nervous gony praying for sleep.



MRS. A. HARTLEY.

You ought to have known that when you ceased to be regular in your courses, and you grew irritable without cause, that there was serious trouble somewhere.

You ought to know that indigestion, exhaustion, womb displacements, fainting, dizziness, headache, and backache send the nerves wild with

backache send the nerves wild with affright, and you cannot sleep.

Mrs. Hartley, of 221 W. Congress St., Chicago, Ill., whose portrait we publish, suffered all these agonies, and was entirely cured by Lydia E. Pinkham's Vegetable Compound; her case should be a warning to others, and her cure carry conviction to the minds of every suffering woman of the un-failing efficiency of Lydia E. Pinkham's Vegetable Compound.



To produce the best results in fruit, vegetable or grain, the fertilizer used must contain enough Potash. For particulars see our pamphlets. We send them free.

> GERMAN KALI WORKS, 93 Nassau St., New York.



Cures Eczema, Itching Humors.
Costs Nothing to Try.

B. B. B. (Botanic Blood Balm) is now recognized as a certain and sure cure for Eczema, Itching Skin, Humors, Scabs, Scales, Watery Blisters, Pimples, Aching Bones or Joints, Boils, Carbuncles, Prickling Pain in the Skin, Old Eating Sores, Ulcers. Botanic Blood Balm taken internally cures the worst and most deep-seated cases by enriching, purifying and vitalizing the blood, giving a healthy blood supply to the skin. Other remedies may relieve, but B. B. B. actually cures, heals every sore, and gives the rich glow of health to the skin. B. B. B. builds up the broken down body and makes the blood red and nourishing. B. B. B. tested 30 years. Over 3000 voluntary testimonials of cures by B. B. B. Druggists, \$1. Trial treatment free and prepaid by writing Blood Balm Co., 12 Mitchell St., Atlanta, Ga. Describe trouble, and free medical advice given. medical advice given.

There are several large factories in the United States devoted to the manufacture of rose water.

Crab Orchard Water

Is not a "cure-all," but for all diseases of the liver, stomach or bowels it supplies a place not filled by any other medicine. It assists nature and is at all times groupt, reliable and officient.

The shoe dealer is always on the lookout for slippery customers.

Mrs. Winslow's Soothing Syrup for children teething, soften the gums, reduces inflamma-tion, allays pain, cures wind colic. 25c a bottle It's generally the man with well-shaped legs who goes in for golf.

I am sure Piso's Cure for Consumption saved my life three years ago.—Mrs. Thomas Ron-bins, Maple St., Norwich, N.Y., Feb. 17, 1900. The newly-seeded area of winter wheat is estimated at 30,282,564 acres.

Happiness cannot be bought, but one of the great hindrances to its attainment can be removed by Adams' Pepsin Tutti Frutti.

"You make me tired," remarked the wheel to the wheelwright.

We refund 10c. for every package of Purion. Monroe Drug Co., Unionville, Mo.

It is computed that at the second inauguration of President McKinley \$4,000,000 was spent.

No woman really enjoys wealth unless she feels that she is inspiring cnvy.

STATE OF OHIO, CITY OF TOLEDO, | ss. FRANK J. CHENEY MAKES OATH that he is the senior partner of the firm of P. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of one hundred bollams for each and every case of catarrh that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY.

Frank J. Cheney.

Frank J. Cheney.

Frank J. Cheney.

Sworn to before me and subscribed in my presence, this 6th day of December,

A. D., 1886. A. W. GLEASON.

Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and nucous surfaces of the system. Send for testimonials, free.

F. J. Chener & Co., Toledo, O. Sold by Druggists, 75c.

Hall's Family Pills are the best.

The Island of Formosa has only one rail-

Carter's Ink best for school, home and office. It costs no more than poor ink. Always ask for Carter's. About 25,000 robin-redbreasts are exported from England annually.

New Use for Necktie.

"While I was over in the Arkansas mountains last winter on a hunting trip my guide and I came across a sugar maple orchard where two men were colecting and boiling down the sap," said.

"We sat around with the natives awhile and ate maple sugar. When we started to leave one of the men, who had been regarding my tie very closely, asked the guide, in a low voice, why I wore that rag around my neck. "That's to keep his nose from bleed-

ing,' replied the guide, who was a man

"As we walked away I heard the natives telling each other how sorry they felt for me on account of my

Girl Wanted.

Mistress—Susan, I'm sure I heard some one kissing you in the kitchen last night. I don't like that.

Susan-Yes, ma'am, the master said you didn't like kissing much, and that was why he kissed me.

What Did She Mean?

"Well, good-night," said Mr. Borem, finally breaking away. "I've had a most enjoyable evening. Er—by the way, I expect to pass your house to-morrow evening and I thought I might—"
"I'll be delighted" said she quickly "I'll be delighted," said she quickly. "Good-night."

"TAKE THIS!

My Bilious Friend,"

said the doctor, "it is the best laxative

mineral water known to medical science."

will do more for a disordered stomach or a torpid liver

IT CURES CONSTIPATION AND BILIOUSNESS.

Average Dose: One-half glassful on getting up in morning.

Ask for the full name, "Hunyadi János." Blue label, red centre panel.

Imported by Firm of ANDREAS SAXLEHNER, 130 Fulton St., N. Y.

than all the pills in the world.

Your druggist or grocer will get it for you.

A glass of EUIIVACT JANOS

TO CUT, OR NOT TO CUT; HAIR.

Widespread Baldness Among Men is Ascribed to Too Much Barbering. Alexander Rowland, who wrote an

interesting treatise about fifty years ago on the human hair, with special reference to its preservation, improvement and adornment, said: "Many mothers are in the habit of having the hair of their daughters cut close when young, on the supposition that this will tend to prevent baldness and improve the hair by causing it to grow longer, thicker and more abundant. This is a mistaken notion, and it is rather calculated to injure its beauty and retaird its maximum growth. It is quite sufficient to have the ends tipped or shorttened occasionally, as the original hair is always the finest and most beautiful." Notwithstanding that opinion by an expert, the opinion that cutting does make the hair grow has continued to prevail among the professional hair-

dressers. The Frankfurter Wochenblatt says: "This belief begins with the involuntary comparison of the hair with a plant. As grass that is often cut short grows again and becomes thicker, so, it is believed, the hair should do when it is cut. This comparison, however, is a false one. A developed hair is a perfectly formed mass of horn, which has nothing further to do with the case in which the hair rests than to receive it from below further growth and to

be held firmly by it. "In this mass of horn, as in the nails of the fingers and the toes, there is no longer any sap in circulation; this mass, so to speak, is a product which cannot be quickened and strengthened by new nourishment because the latter cannot enter it. On the other hand, what happens in the blade of grass is totally different. The blade of grass is a network of fine ducts in which is constantly circulating the nourishment which the blade draws from the roof; it presents, in contrast with the dead body of the hair, a living, vegetating substance which has a most intimate connection with the condition of its root, and which dries up infallibly when it is separated from its root, while the hair will remain unaffected for thousands of years after its papilla has withered away. There is one irresistible proof of this-the hair on the heads of mummies. The root of the hair as long as it exists produces a new hair when the old hair has fallen out, while the root of many a plant gives existence to one sprout only and

then together with it declines and dies. "The more a hair is disturbed in its natural growth by continually cutting off its end the less rest its papilla, the real producer of the hair, finds; the papilla, being constantly excited to excessive production, wavers finally in its activity, decays and dies. For this reason a woman with a bald head is never or seldom seen, as the natural or very slow proess of the growth of a woman's hair is not disturbed. The individual hair reaches a definite length; after years it falls out of itself and a new hair begins to appear as soon as the papilla has had time to rest itself thoroughly and to prepare itself for the process of a new growth. These are the reasons which lead to the obviously valid conclusions that cutting the hair is rather injurious than useful."-American Hairdresser.

A Rybrid Dog and Fox.

In the new museum at Worcester in England there is a curious mounted "monster," to which the following history is appended: '440 animal entered a cottage in a village in Worcestershire and quietly laid down under a table. A cat which flew at the intruder was torn to pieces and devoured piecemeal. The animal was finally driven out of the house, but continued to hang around about the outside until it was killed by some laborers. It was thought to be a curiosity escaped from some menagerie. Professor R. D. Pocock, of the South Kensington Museum, in London, has examined the animal, and believes it to be a cross between a fox and a dog. It is rather larger than a fox, and has a bushy tail and erect ears. The legs and the head are of a rich fawn color; the back is black, mottled with dark gray, the tail being much the same shade as the back, and without a white tip. It also resembles a small cockeared collie, and might be mistaken for such among a crowd of mongrels. 'A suspiciously foxy look about the beast, however," says Professor Pocock, "inclines me to the belief that it is the progeny of a fox and probably some country sheepdog."

Advice and Aphorism.

When in doubt, don't let on. If imitation is the sincerest form of

flattery forgery is the most serious. Some persons find it possible to live on their wits, but for the majority of mankind it is putting a small capital out at interest and trying to be comfortable on the income.

The noblest work of man is paying 100 cents on the dollar all around. Any young man can fall in love with any young woman if he will only abandon his mind to it.

The youth who thirsts for military glory will notice that by the time war has made a man a hero it has generally made his wife a widow.-New York Commercial Advertiser.

Gambled Away His Front Stairs.

One of the most extraordinary mementoes of gambling mania is to be seen to this day at Houghton Hall, the residence of the Marquis of Cholmondeley. This is a blank space where the central flight of steps leading to the entrance hall should be, The hall at one time belonged to Robert Walpole, Earl of Orford. Lord Orford was a tremendous gambler. One of his feats was to gamble away that particular flight of steps. The winner carted them off, and they have never been replaced. The effect of the blank space is most singular .- London ToWhen a man can't rise superior to circum stances he always blames it on circumstances

Love thyself last.

Dr. Bull's Cough Cures a cough or cold at once. Conquers croup, bronchitis, emppe and consumption. 25c.

MILO B. STEVENS & CO., Estab. 1804. Div. 3, 817—14th Street, WASHINGTON, D. C. Branch offices: Chicago, Cleveland and Detroit.

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USE CERTAIN COUGH CURE. 20 DROPSY NEW DISCOVERY; gives gases. Boos of testimonials and 10 days' treatment Prec. Dr. H. H. GREEN'S SOWS, Box B, Atlanta, Ga.

PISO'S CURE FOR SO Best Cough Syrup. Tastes Good. Use G in time. Sold by druggists. CONSUMPTION

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P. M. MISHLER, Hagerstown, Md. WILLS PILLS-BIGGEST OFFER EVER MADE For only 10 Cents we will send to any P. O. address, 10 days' treatment of the best medicine on earth, and put you on the track how to make Money right at your home. Address all orders to The R. B. Wills Medicine Company, 23 Elizabeth St., Hagerstown, Md. Branch Offices: 129 Indiann Ave., Washington, D. C.

ITPAYS TO ADVERTISE IN THIS PAPER.



CRAB ORCHARD WATER CO., Louisville, Ky.

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A LUXURY WITHIN THE REACH OF ALL!

The consumption of

has increased immensely, and this coffee is now used in millions of homes.

The grocers all over the country keep us busy delivering LION COFFEE to them.

You will find no stale LION COFFEE on his shelves-it sells too fast to grow stale. Why? Because it is an absolutely pure coffee.

our motto Strength, Purity and Flavor.

Please bear in mind that

Lion Coffee

is not a glazed article; it is not coated with egg mixtures or chemicals in order to give it a better appearance. We do not need to resort to such measures-we have no imperfections

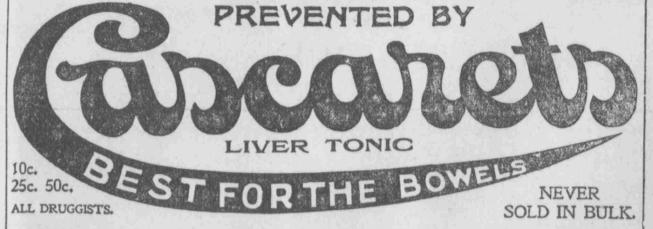
In every package of LION COFFEE you will find a fully illustrated and descriptive list. No housekeeper, in fact, no woman, man, boy or girl will fail to find in the list some article which will contribute to their happiness, comfort and convenience, and which they may have by simply cutting out a certain number of Lion Heads from the wrappers of our one pound sealed packages (which is the only form in which this excellent coffee is sold). WOOLSON SPICE CO., TOLEDO, OHIO.



Watch our next advertisement.

that dreadful fiend that threatens the life of rich and poor, can attack and kill only those whose bowels are not kept thoroughly cleaned out, purified and disinfected the year round. One whose liver is dead, whose bowels and stomach are full of half decayed food, whose whole body is unclean inside, is a quick and ready victim of appendicitis.

If you want to be safe against the scourge, keep in good health all the time, KEEP CLEAN INSIDE! Use the only tonic laxative, that will make your bowels strong and healthy, and keep them pure and clean, protected against appendicitis and ALL EPIDEMIC DISEASES. It's CAS-CARETS, that will keep and save you. Take them regularly and you will find that all diseases are absolutely



all bowel troubles, appendicitis, billousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow complexion and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic aliments and long years of suffering that come afterwards. No matter what alls you, start taking CASCARETS to-day, for you will never get well and be well all the time until you put your bowels right. Take our advice; start with CASCARETS to-day, under an absolute guarantee to cure or money refunded.

TO CURE: Pive years ago the first box of CASCAR-ETS was sold. Now it is similar medicine in the world. This is absolute proof of great merit, and our best testimonial. We have fath and will sell CASCARETS absolutely guaranteed to cure or money refunded. Go buy today, two 50c boxes, give them a fair, honest trial, as per adaptively guaranteed to cure or money refunded. Go buy today, two 50c boxes, give them a fair, honest trial, as per adaptively guaranteed to cure or money satisfied, after using one 50c box, return the unused 50c box and the empty box to as by mail, or the druggist from whom you purchased it, and get your money back for both boxes. Take our advice—no matter what alls you—start today. Thealth will quickly follow and you will bless the day you first started the mee of CASCARETS. Hook free by mail. Address: STERLING REHEDY CO., NEW YORK or CHICAGO.



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No black powder shells on the market compare with the "NEW RIVAL" in unl-formity and strong shooting qualities. Sure fire and waterproof. Get the genuine. New Haven, Conn.

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